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... DIRECTIONSIn a blender cup add g of light cream cheese, g of low fat greek yoghurt, servings of cookies & cream protein powder, egg, g of low fat cottage cheese & blend forminutes until smoothPour the mixture into a baking dish with baking paper (I used ax 5cm round cake dish) 3 Massive shoutout to the original creator of this recipe @rahul kamat Ingredientsg Plain Flourg Vanilla or Caramel Protein Powder (use a WHEY or WHEY/CASEIN BLEND protein only) Brand: Rule1 Vanilla Crèmeg Sugar Free Icing Powder (Brand: Lakantoor blendg of a sugar free sweetener such as erythritol/stevia to turn it into a Aussie FitnessLow Calorie High Protein Recipes (BOOTLEG)Free ebook download as PDF File.pdf), Text File.txt) or read book online for free. MY DIGITAL COOKBOOK IS OUT NOW! Missing: pdf Elite Low Calorie/High Protein Cookbook by Aussie g; pdf My NEW Recipe eBook is OUT NOW! Over Recipes in total% OFF SALE! LIMITED TIME ONLY□. MY DIGITAL COOKBOOK IS OUT NOW! Step by step instructions & full recipe breakdowns for every recipe. Breakfast, lunch, dinner & Elite Low Calorie/High Protein Cookbook by Aussie Fitness. Helping YOU reach your fitness goals while enjoying the foods you love. Cook imminutes. \$ AUD \$ AUD. Sale. Firstly i would like to say thank you the support & i am glad you're here! This document provides recipes for several high protein and low calorie meals including cheesy beef breakfast burritos, high protein biscoff cookie dough, calorie chocolate chip cookies, a low calorie version of McDonald's McChicken sandwiches LOW CALORIE/HIGH PROTEIN recipes in totalSavoury &Sweet (exclusive never before seen recipes included) Pictures with full ingredients list, measurements, calories & macros for each recipe.